

# IF YOU HAVE CHRONIC HEPATITIS B PROTECT YOUR LOVED ONES AND KEEP YOURSELF HEALTHY

## PROTECT YOUR LIVER.

- Talk with your doctor about hepatitis B.
  - It might be helpful to schedule an appointment with your doctor to ask questions.
  - Write down your questions and take them with you to your doctor's office visit.
- If you shoot drugs, never share drugs, needles, syringes, water, cottons, or cookers.
- Be careful if you drink alcohol or take medicines not recommended by your doctor. They can hurt your liver.



## PROTECT YOUR BABY.

- Your baby needs medical care starting at birth to keep from getting hepatitis B from you.
- It is okay for you to breastfeed your baby.

| WHEN YOUR BABY IS:        | YOUR BABY NEEDS:                         |
|---------------------------|--|
| in the hospital, at birth | 1st dose of hepatitis B vaccine and HBIG |
| 1 month old               | 2nd dose of hepatitis B vaccine          |
| 6 months old              | 3rd dose of hepatitis B vaccine          |
| 12-15 months old          | hepatitis B blood tests                  |

## PROTECT THE PEOPLE YOU LIVE WITH AND OTHERS.

- Anyone who lives with you should get their blood tested for hepatitis B. They might also need to get hepatitis B vaccine.
- Cover your cuts and skin sores.
- Do not share personal care items that might have your blood on them (razors, toothbrushes).
- Do not donate blood, plasma, body organs, or other tissue.
- Clean up blood spills with a mixture of 1 part household bleach to 10 parts water.



## PROTECT YOUR SEX PARTNERS.

- Your sex partner(s) should get their blood tested for hepatitis B. They might also need to get hepatitis B vaccine.
- Use condoms\* to prevent passing hepatitis B virus to your sex partners.

\* The efficacy of latex condoms in preventing hepatitis B or other sexually transmitted diseases (STD) is unknown, but their proper use may reduce the chance of passing it to others.



## REMEMBER...

- Having hepatitis B should not exclude you from work, school, or other daily activities.
- You cannot spread hepatitis B virus by:
  - sneezing or coughing
  - kissing or hugging
  - breastfeeding
  - food or water
  - sharing eating utensils or drinking glasses



DEPARTMENT OF HEALTH  
& HUMAN SERVICES

